

MARCH 2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 <p>THE AVANT A WellQuest Living Community</p>	 <p>LOCATION KEY</p> <p>Lge Lounge 1st Floor CY Courtyard 1st Floor MR Media Room 2nd Floor Sol Solarium 3rd Floor Zoom In Apartment or Media Room (MR)</p>		<p>1</p> <p>9:30AM BALANCE CLASS with RehabGo (Lge)</p> <p>10AM CURRENT EVENTS w/ Ken (MR)</p> <p>2PM CHAIR YOGA w/ Jiin (Lge)</p> <p>3PM THERAPEUTIC PAINTING (Sol)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>2 HAPPY BDAY NANCY T.!</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11:30AM SCRABBLES (SOL)</p> <p>1PM MENU MEETING (SOL)</p> <p>3PM PETER'S POLAR POKER (Sol)</p> <p>7PM CONCERT w/ Stephen Gills (Lge)</p> <p>Deadline: March 2nd Pretty Woman The Musical</p>	<p>3</p> <p>9:30AM BALANCE CLASS w/ Rehab Go (Lge)</p> <p>11:00AM OPERA & MUSIC LECTURE w/ Deborah (MR)</p> <p>1:30PM TECH TALK w/ Curtis (MR)</p> <p>3PM CORN HOLE (CY)</p> <p>HAPPY HOUR (Lge) 3:30PM—4:30PM</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>Deadline: March 3—Los Altos Museum</p>	<p>4</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM BUMPER POOL (SOL)</p> <p>1PM FIELD TRIP OUTING: LOS ALTOS HISTORY MUSEUM (Sign Up)</p> <p>2PM MATINEE MOVIE (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p>
<p>5</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>1PM NEIGHBORHOOD WALKING GROUP—ROBLES PARK (Limit: 6 residents; sign up)</p> <p>2PM MATINEE MOVIE (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>Deadline: March 5 Movie Outing— Operation Fortune OFJCC Eclectic Selections</p>	<p>6</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM FLOWER ARRANGING for Dining Room (SOL)</p> <p>12:45PM MOVIE OUTING: Operation Fortune: Ruse de guerre (Sign Up)</p> <p>3:30PM CONCERT w/ LEE ALLEN (Lge)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>7</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>12:30PM FIELD TRIP OUTING: OFJCC—Eclectic Selections for Flute and Harp (Sign Up.)</p> <p>2PM MEDITATION TAI CHI (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>Deadline: March 8 Elizabeth Gamble Garden</p>	<p>8</p> <p>9:30AM BALANCE CLASS with RehabGo (Lge)</p> <p>10AM CURRENT EVENTS w/ Ken (MR)</p> <p>2PM CHAIR YOGA w/ Jiin (Lge)</p> <p>3PM THERAPEUTIC PAINTING (Sol)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>9</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11:30AM BAKING GROUP: BANANA NUT MUFFINS (SOL)</p> <p>1PM MUSICAL THEATRE LECTURE w/ BONNIE WEISS (MR)</p> <p>3PM WONDERFUL WORLD OF WINE w/ Charles and Dave (Sol)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>10</p> <p>9:30AM BALANCE CLASS w/ Rehab Go (Lge)</p> <p>1:30PM NATURE TALKS w/ JOAN SPARKS on ALASKA BEAR (MR)</p> <p>3PM CORN HOLE (CY)</p> <p>HAPPY HOUR 3:30PM — 4:30PM</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>11</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM FIELD TRIP OUTING: ELIZABETH GAMBLE GARDEN: The Captivating Camellia, Queen of Winter Flowers (Sign Up)</p> <p>2PM MATINEE MOVIE (MR)</p> <p>2:30PM BUMPER POOL (SOL)</p> <p>7:30PM MOVIE NIGHT (MR)</p>
<p>12 Daylight Saving</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM SHOPPING TRIP — SAFEWAY (Sign Up)</p> <p>1PM BOCCE BALL (CY)</p> <p>2PM MATINEE MOVIE (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>Deadline: March 12 Lunch Outing- Gumba's Ristorante</p>	<p>13</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM WALKING GROUP— RANCHO SAN ANTONIO (Sign Up)</p> <p>3PM CONCERT w/ IAN SCARFE (Lge)</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>TRIVIA DINNER NIGHT!</p>	<p>14</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM POETRY READINGS (SOL)</p> <p>12PM LUNCH OUTING: GUMBA'S RISTORANTE ITALIAN CUISINE (Sign Up)</p> <p>2PM MEDITATION TAI CHI (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>Deadline: March 14 Ardenwood Historic Farm</p>	<p>15</p> <p>9:30AM BALANCE CLASS with Rehab Go (Lge)</p> <p>10AM CURRENT EVENTS w/ Ken (MR)</p> <p>2PM CHAIR YOGA w/ Jiin (Lge)</p> <p>3PM THERAPEUTIC PAINTING (Sol)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>16</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM BUMPER POOL (SOL)</p> <p>1PM RESIDENT'S MEETING (SOL)</p> <p>2PM PETER'S POLAR POKER (Sol)</p> <p>3:00PM RESIDENT'S BIRTHDAY PARTY (Lge)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>17 St. Patrick's Day</p> <p>9:30AM BALANCE CLASS w/ Rehab Go (Lge)</p> <p>11:00AM OPERA & MUSIC LECTURE w/ Deborah (MR)</p> <p>1:30PM TECH TALK w/ Curtis (MR)</p> <p>3PM ST. PATRICK'S DAY CONCERT w/ REYNALD ABERIN (Lge)</p> <p>WELCOMING NEW RESIDENTS HAPPY HOUR 3:30PM—4:30PM</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>18</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11:30AM FIELD TRIP OUTING: Ardenwood Historic Farm (Sign Up)</p> <p>2PM MATINEE MOVIE (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>Deadline: March 18 Monterey Bay Aquarium</p>
<p>19</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>1PM NEIGHBORHOOD WALKING GROUP—ROBLES PARK (Limit: 6 residents; sign up)</p> <p>2PM MATINEE MOVIE (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>20 First Day of Spring</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM WALKING GROUP— SHORELINE PARK (Sign Up)</p> <p>2PM FLOWER ARRANGING for Dining Room (SOL)</p> <p>3PM CONCERT w/ JENN DESANTIS (Lge)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>21</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM FIELD TRIP OUTING: MONTEREY BAY AQUARIUM (Sign Up)</p> <p>2PM MEDITATION TAI CHI (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>22</p> <p>9:30AM BALANCE CLASS with Rehab Go (Lge)</p> <p>10AM CURRENT EVENTS w/ Ken (MR)</p> <p>2PM CHAIR YOGA w/ Jiin (Lge)</p> <p>3PM THERAPEUTIC PAINTING (Sol)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>23</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11:30AM ACTIVITY MEETING (SOL)</p> <p>1PM JEOPARDY (MR)</p> <p>2PM BOOK CLUB MEETING (SOL)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>24 HAPPY BDAY KAY & RALPH N.!</p> <p>9:30AM BALANCE CLASS w/ Rehab Go (Lge)</p> <p>11AM DOC TALKS w/ KELLY on Dementia & Stroke Prevention (MR)</p> <p>3PM CORN HOLE (CY)</p> <p>HAPPY HOUR 3:30PM — 4:30PM</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>25</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>12:45PM FIELD TRIP OUTING: PRETTY WOMEN THE MUSICAL (Sign Up)</p> <p>2PM MATINEE MOVIE (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>Deadline: March 25 Lunch Outing: Joanie's Café</p>
<p>26 HAPPY BDAY JAY S.!</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM DRUGSTORE OUTING—Walgreens (Sign Up)</p> <p>1PM BOCCE BALL (CY)</p> <p>2PM MATINEE MOVIE (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>27</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM WALKING GROUP— CORNELIS BOL PARK (Sign Up)</p> <p>3PM CONCERT w/ SOUNDS BY TONY (Lge)</p> <p>7:30PM MOVIE NIGHT (MR)</p> <p>TRIVIA DINNER NIGHT!</p>	<p>28</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11AM POETRY READINGS (SOL)</p> <p>11:30AM LUNCH OUTING: JOANIE'S CAFÉ (Sign Up)</p> <p>2PM MEDITATION TAI CHI (MR)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>29</p> <p>9:30AM BALANCE CLASS with Rehab Go (Lge)</p> <p>10AM CURRENT EVENTS w/ Ken (MR)</p> <p>2PM CHAIR YOGA w/ Jiin (Lge)</p> <p>3PM THERAPEUTIC PAINTING (Sol)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>30</p> <p>9:30AM FITNESS CLASS (Lge)</p> <p>11:30AM ART & CRAFT: Spring Flower Painting (Sol)</p> <p>2PM PETER'S POLAR POKER (Sol)</p> <p>3PM BINGO! (Sol)</p> <p>7:30PM MOVIE NIGHT (MR)</p>	<p>31</p> <p>9:30AM BALANCE CLASS w/ Rehab Go (Lge)</p> <p>1PM LIBRARY OUTING to Mitchell Park (Sign Up)</p> <p>3PM CORN HOLE (CY)</p> <p>HAPPY HOUR 3:30PM — 4:30PM</p> <p>7:30PM MOVIE NIGHT (Lge)</p>	<p> <i>Stimulate Your Mind</i></p> <p> <i>Motivate Your Body</i></p> <p> <i>Rejuvenate Your Spirit</i></p>